

Emergency Preparedness Plan

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/cms/event-handout) at:
www.yellowribbon.mil/cms/event-handout

General Household Information

Last Name(s)	Street Address	Date of Plan

Household Member Contact Information

Name	Phone Number	Email

Pet Information

Name	Type	Color	Microchip #

Plan of Action

1. The following disasters or emergencies are the ones that are likely to affect this household:

2. What are the escape routes from this home?

3. If household members get separated during an emergency, where is the meeting place near this home?

4. If multiple household members cannot return home or are asked to evacuate, where is the meeting place outside of this neighborhood? What is a route to get there, and what is an alternate route if the first route is impassable?

5. In the event household members are separated or unable to communicate with each other, who is the emergency contact outside of the immediate area?

Name	Phone Number	Email

6. If at school/daycare, the child(ren) will be evacuated to the following place(s):

Child's Name	Evacuation Site (address and contact information)

7. The plan for household members with a disability or special need is as follows:

Name	Plan

8. During certain emergencies, local authorities may give the directive to “shelter in place” at home. What room in the home is most accessible and safe, allowing for the sealing off of windows, vents, and doors, but where emergency broadcasts can be heard?

9. Household Member Responsibilities in the Event of a Disaster

Task	Description	Person Responsible
Disaster Kit	Stock the disaster kit and take it with you if evacuation is necessary. Include items you might want to take to an evacuation shelter. Remember to include medications and eyeglasses.	
Be informed	Maintain access to public media or email or text alerts for important and current information about emergencies and disasters.	
Family Medical Information	Make sure each household member's medical information is readily available and is taken if evacuation is necessary.	
Financial Information	Obtain copies of bank statements and cash in the event ATMs and credit cards do not work due to power outages. Bring copies of utility bills as proof of residence in applying for assistance. Be aware of other important financial documents that may be needed in case of an emergency.	
Pet Information	Assemble a pet emergency/disaster kit. In case of an evacuation, keep a phone list of pet-friendly hotels/motels and animal shelters.	
Sharing and Maintaining the Plan	Share the completed plan with those who need to know the information. Meet with household members every 6 months or as your needs change and update the household plan, if necessary.	

Notes:

Source: American Red Cross. (n.d.). Family Disaster Plan. Retrieved from the [American Red Cross website](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html) at <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html>

COVID-19 Pandemic Resources

General Information

- For information about the U.S. government's response to COVID-19, visit the [U.S. government website](http://www.usa.gov/coronavirus) at www.usa.gov/coronavirus
- For accurate and updated information regarding the spread of COVID-19 in the country, visit the [Johns Hopkins website](https://coronavirus.jhu.edu/us-map) at <https://coronavirus.jhu.edu/us-map>
- For information and resources relevant to the military community during this pandemic, visit the [Military OneSource website](http://www.militaryonesource.mil/coronavirus) at www.militaryonesource.mil/coronavirus
- To debunk popular myths about COVID-19, visit the [WHO website](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters) at www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

Health and Stress Management

Physical Health

- For information on how to manage self-quarantine, visit the [World Health Organization \(WHO\) website](http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19) at www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19

Mental Health and Stress

- For general tips, visit the [American Psychological Association website](http://www.apa.org/practice/programs/dmhi/research-information/pandemics) at www.apa.org/practice/programs/dmhi/research-information/pandemics
- For information on how to manage stress and anxiety during this pandemic, visit the [Centers for Disease Control and Prevention \(CDC\) website](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html) at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html
- To gain a better understanding regarding the mental health impact of the pandemic, visit the [PBS website](https://www-pbs-org.cdn.ampproject.org/c/s/www.pbs.org/newshour/amp/health/why-your-mental-health-may-be-suffering-in-the-covid-19-pandemic) at <https://www-pbs-org.cdn.ampproject.org/c/s/www.pbs.org/newshour/amp/health/why-your-mental-health-may-be-suffering-in-the-covid-19-pandemic> or the [CNN website](https://amp-cnn-com.cdn.ampproject.org/c/s/amp.cnn.com/cnn/2020/03/14/health/coronavirus-fears-mental-health-wellness-trnd/index.html) at <https://amp-cnn-com.cdn.ampproject.org/c/s/amp.cnn.com/cnn/2020/03/14/health/coronavirus-fears-mental-health-wellness-trnd/index.html>

Emergency Preparedness and Response

- For information on emergency preparedness and response, visit the [CDC website](https://emergency.cdc.gov/coping/index.asp) at <https://emergency.cdc.gov/coping/index.asp> provides information

Family Support

- For information that can be useful to military families during this pandemic, visit the [National Military Family Association website](http://www.militaryfamily.org/what-military-families-need-to-know-about-covid-19/) at www.militaryfamily.org/what-military-families-need-to-know-about-covid-19/
- For helpful links and resources for parents, visit the [Thrive website](https://thrive.psu.edu/) at <https://thrive.psu.edu/> and the [Child Mind Institute website](https://childmind.org/coping-during-covid-19-resources-for-parents/) at <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- For resources and activities for families (especially those with younger children) to help you cope with the current health emergency, visit the [Sesame Street website](https://sesamestreetincommunities.org/topics/health-emergencies/) at <https://sesamestreetincommunities.org/topics/health-emergencies/>
 - For information specific to military families, visit the [Sesame Street website](https://sesamestreetformilitaryfamilies.org/) at <https://sesamestreetformilitaryfamilies.org/> for information to support military families
- For resources and recommendations on how to proactively keep children safe during a crisis (e.g., keeping them safe on the Internet), visit the [Darkness to Light website](http://www.d2l.org/protecting-children-during-a-crisis-resources/) at www.d2l.org/protecting-children-during-a-crisis-resources/

Finance and Employment Assistance

- For resources to help workers and employers affected by the COVID-19 pandemic, visit the [U.S. Department of Labor website](http://www.dol.gov/coronavirus) at www.dol.gov/coronavirus
- For unemployment assistance, visit the [Benefits.gov website](http://www.benefits.gov/categories/Unemployment%20Assistance) at www.benefits.gov/categories/Unemployment%20Assistance
- For information regarding student loans, visit the [Federal Student Aid website](https://studentaid.gov/announcements-events/coronavirus) at <https://studentaid.gov/announcements-events/coronavirus>
- For information on household finances management, visit the [Credit.org website](https://credit.org/2020/03/25/covid-19-financial-assistance-guide/#Adjust-Cash-Budget) at <https://credit.org/2020/03/25/covid-19-financial-assistance-guide/#Adjust-Cash-Budget>